## Family Education and Support Groups

**Self-Advocate:** a person who has learned or been supplied with the tools and resources to plead, intercede, or speak for, or on behalf of himself or herself or other family member

### Disability Rights Idaho

4477 West Emerald, Suite B-100

Boise, ID 83706

Phone: (208) 336-5353 Toll Free: 1-800-632-5125

## www.disabilityrightsidaho.org

-Disability Rights Idaho gives people of all ages with disabilities a voice to assert and defend their own rights through information, education, and individual assistance.

## Idaho Federation of Families for Children's Mental Health

704 N. 7<sup>th</sup> Street Boise, ID 83702

Phone: (208) 433-8845 Toll Free: 1-800- 905-3436 www.idahofederation.org/

Idaho Federation of Families for Children's Mental Health is a statewide Family-Run organization focused on the needs of families with children and youth who have a behavioral or emotional disturbance. The Federation prepares families to become equal partners in the continuum of care system, and empowers families, children and youth to make their own informed decisions about their mental health treatment, and teaches youth and families to advocate for themselves on at individual, community, state and national levels. Services the Federation provides include:

- -Parent education and support groups
- -Children and youth education groups
- -Children and youth support groups
- -Teaching Self-Advocacy
- -Respite training and referral

## Living Independence Network Corporation (LINC) / www.lincidaho.org/

1878 West Overland Rd.

Boise, ID 83705

Phone: (208) 336-3335

Their mission is "to empower people with disabilities to achieve their desired level of independence."

### Idaho Parents Unlimited, Inc. (IPUL)

500 South 8<sup>th</sup> Street Boise, ID 83702

Phone: (208) 342-5884 Toll Free: 1-800-242-IPUL

#### www.ipulidaho.org/

-Idaho Parents Unlimited, Inc. is a statewide, non-profit parent advocacy organization dedicated to enhancing the quality of life for individuals with disabilities and their families. IPUL provides training, and technical assistance to parents and family members of children with disabilities, as well as distributes information to individuals with disabilities, their families, teachers, professionals and other interested individuals. In addition to the main office in Boise, IPUL has seven Parent Education Coordinators located in regional offices throughout the state as well as a Hispanic Specialist in Caldwell.

# National Alliance for the Mentally III (NAMI) Idaho

4097 Bottle Bay Rd Sagle, ID 83860-9009

Primary Phone: (208)242-7430

Phone: 1-800-572-9940

President: Douglas McKnight

http://www.nami.org

NAMI is a nationwide organization dedicated to support, education and advocacy on behalf of people with a mental illness and their families. In Idaho, NAMI provides:

- -Support groups located across the state.
- -Education about mental health issues and concerns aimed at reducing the stigma about mental illnesses.
- -Advocacy work at the local and statewide policy level to help people with mental illness live full, productive lives.